

GROUP COUNSELING MANAGEMENT BASED ON COGNITIVE BEHAVIOR THERAPY FOR MENTAL RETARDED STUDENTS

(A Site Study at SMPLB Bina Putera Ambarawa, Semarang)



THESIS

**Submitted as a Partial Fulfillment of the Requirements
for Getting Master Degree of Education
in Educational Management Department**

by

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MUHAMMADIYAH UNIVERSITY OF SURAKARTA**

2012

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MENTAL RETARTED STUDENTS
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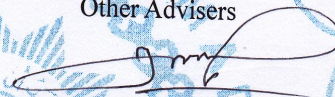
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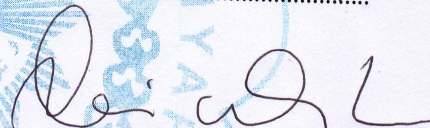
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TESTIMONY

Herewith, I testify that in this research paper there is no plagiarism of the previous literary work which has been raised to obtain master degree of a university, nor there are opinions or masterpieces which have been written or published by others, except those the writing which are referred to the manuscripts mentioned in bibliography.

Hence later, if it is proven that there are some untrue statements in this testimony, I will hold fully responsibility.

Surakarta, March 2012

Writer,

A handwritten signature in black ink, appearing to read 'Sulistyowati', with a stylized flourish at the end.

Sulistyowati

MOTTO

MOTTO

1. Honesty is the cornerstone of all success, recognition is the strongest motivation.

Even criticism can build confidence as "inserted" between layers of praise.

May Kay Ash (CEO, 2010: 4)

2. When one door closed, another door opened
but sometimes we see and regret the door
closed in a long time, so we do not
see another door that has been open.

DEDICATION

This research paper is dedicated to:
My beloved family, children, and University

ACKNOWLEDGMENT



Assalamualaikum warahmatullahi wabarakatuh

Alhamdulillahirrobbil'alamin, praise and gratitude to Allah SWT, for blessing the writer in accomplishing this research paper entitled *Group Counseling Management Based On Cognitive Behavior Therapy For Mental Retarded Students (A Site Study at SMPLB Bina Putera Ambarawa, Semarang)*.

The writer would like to express her deepest gratitude and appreciation to the people who have ever helped her in finishing this research paper by giving support, advice and criticisms.

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The writer realizes that this research paper is far from being perfect, in order to make it better, the writer accept advices and criticisms. Finally, the writer wishes this research paper would be useful for readers.

Wassalamualaikum warahmatullahi wabarakatuh

Surakarta, March 2012

Writer

ABSTRACT

Sulistiyowati. Q 100 100 053. *Group Counseling Management Based On Cognitive Behavior Therapy For Mental Retarded Students (A Site Study at SMPLB Bina Putera Ambarawa, Semarang)*. Thesis. Graduate School. Muhammadiyah University of Surakarta. 2012.

Focus of this study is on the characteristics of group counseling based on cognitive behavior therapy at *SMPLB (Special Secondary School) Bina Putera Ambarawa, Semarang*. This study has three objectives. The first is describing the characteristic of organizational structure of group counseling based on cognitive behavior therapy. Secondly, it is describing the characteristic of mental retarded students. And finally, the research aims at classifying the characteristic of group counseling based on cognitive behavior therapy for mental retarded students.

It is a qualitative research using ethnography design. This research was done at *SMPLB Bina Putera Ambarawa, Semarang*. The main subject included the principal, counselor and classroom teacher. Data collection method used in-depth interview, observation, and documentation. Data analysis technique of this research used an analysis arranged in site. the component of analyzing data includes data collection, data reduction, data display and conclusion. Data Validity used a triangulation method.

This finding suggests that (1) the organizational structure of group counseling based on *cognitive behavior therapy* at *SMPLB Bina Putera Ambarawa* is compiled by including the role and task of each parties. The principal has a role as the supervisor, the classroom teacher as the executor of the program of group counseling based on *cognitive behavior therapy*. (2) The mental retarded students at *SMPLB Bina Putera Ambarawa* are different with the other normal students. Their physical condition, especially the head size. Their behavior also needs an adjustment to communicate. But with the group counseling based on *cognitive behavior therapy*, the mental retarded students can do several activities like the other normal students although it is far from perfect. (3) Group counseling based on *cognitive behavior therapy* for mental retarded students is held by giving students to tell their problem experienced. Students learn to dare to express their opinion in front of their friends. There are four stages in the group counseling based on *cognitive behavior therapy* for the mental retarded students such as formation, transition, action, and finishing stage. Evaluation is done by observing students' behavior which is done by the classroom teacher, counselor, and subject teacher.

Keyword: *counseling, group, cognitive behavior therapy, mental retardation.*

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